



Warning Signs

Geriatric Depression

Geriatric depression exhibits many characteristics that are not typical of normal aging.

It can be broadly divided into three syndromes: **physiological syndrome**, **emotional syndrome**, and **cognitive syndrome**.



Self-assessment
(GDS-15)



Physiological Syndrome

Sleep disturbances
(insomnia or hypersomnia)

Reduced appetite
Tiredness and lack of energy

Slowness of
movement

Sudden weight
loss or gain



Emotional Syndrome

Loss of interest or pleasure
in most or all normal activities

Feelings of sadness or
tearfulness

Suicidal
thoughts

Anxiety or
agitation



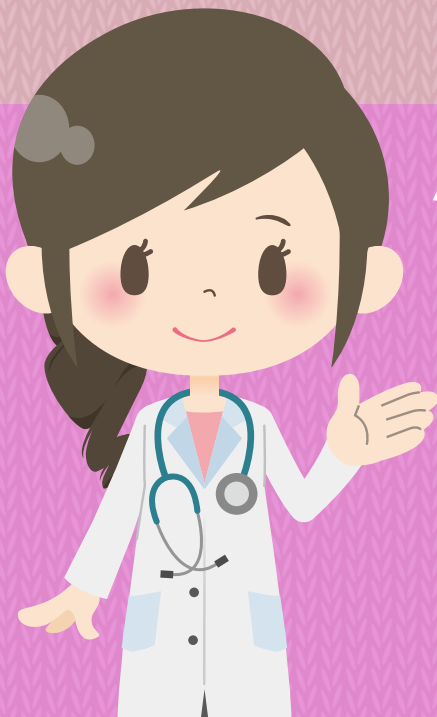
Cognitive Syndrome

Trouble thinking, concentrating
and making decisions

Trouble remembering things

Feelings of
hopelessness

Feelings of guilt or
worthlessness



Depression in the elderly not only affects the physical and mental health as well as social functioning, but also diminishes their quality of life. It can also impact existing illness leading to a worsening of overall health. This should not be underestimated. If you notice these symptoms in the elderly, observe them closely. If there is no improvement after understanding or accompanying them, it is recommended to undergo a depression screening. If necessary, seek medical attention and receiving treatment.



For related mental health promotion information, please scan this QR code or search for "Ministry of Health and Welfare Elderly Mental Health Promotion"



MOHW Department of Mental Health

Advertisement